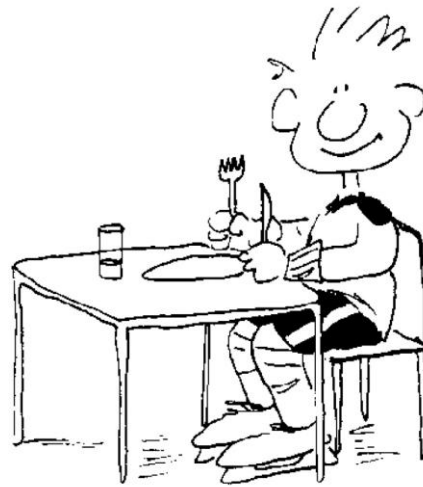




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 - iii) Flexibility Training
 - iv) Strength Training
 - v) Speed and Agility Training
- 2) Lengthening a Career
- 3) The Arena



Human Performance

Pre-Visit Activity:

Research proper diet and nutrition practices. Using the fictitious team schedule below, plan meals for the three-day period given. Be sure to take into account the players' energy requirements on a game day as opposed to a travel day.

Day #1	Day #2	Day #3
10 AM – Practice 8 PM - Home Game	10 AM – Flight 3 PM – Weight Training	10 AM - Practice 8 PM - Away Game

Hall Visit Activity:

Play each of the three levels of the interactive goalie game. What factors make each level increasingly difficult? At what point do you begin to feel fatigued? Using your knowledge of aerobic and anaerobic exercise, briefly describe what is happening to your muscles.

With a partner, alternating after every turn, play the interactive goalie game on the same level, at least three times each. Does your score improve the more you play? What stage proved to be the most difficult? Why?

Post-Hall Visit Activities:

List some training techniques that would improve a goalie's performance. How and why would these activities help a goaltender?

Sport specific training:

Sport specific training allows a hockey player to take the components of aerobic, anaerobic, flexibility, strength and agility training and create drills which are directly related to the sport of hockey. When properly formulated, this dry land training should be able to simulate actions found in hockey without the necessity of having an ice surface. In a complete activity such as skating, the legs, arms, trunk and head all contribute to the efficiency of the motion. This efficiency can be improved with a hockey-specific exercise that helps the athlete practice the natural movements within the activity.

Create and develop *five* dry land exercises where the athlete can simulate actions found in hockey. What tips would you give to the athlete regarding this type of training?



Hockey is a sport where anaerobic training is of great benefit. Hockey players can extend the length of time in which they can perform at such levels while playing close to their maximum heart rate. For example, players can condition themselves to keep on skating hard even through their legs are burning.

As a coach, how would your knowledge of each of these concepts help you better prepare your athletes?

Describe what pre-season, in-season and off-season training means to a hockey player. If you were a hockey coach, how would your training methods change throughout these three seasons?

Women have been involved in the game of hockey for a long time. Visit the “Women’s Hockey” webpage under the Time Capsule section on www.hhof.com. Can women compete with men in the game of hockey at any level? Justify your response.



Hall Visit Activity:

Skill analysis

Play the Shoot Out game in the NHLPA Be A Player Zone. Shoot with your dominant hand. Have a partner explain in words exactly what you are doing. Use the following to help you analyze the skill and break it into its component parts:

(HINT 1: think of words and phrases like balance, rotation, weight transfer and extension)

(HINT 2: work description from large muscle groups to small muscle groups)

Ready position _____

Initial movement back swing _____

Force producing movement _____

Critical instant contact _____

Follow through _____

Switch places and have your partner shoot. However, your partner is to use the non-dominant hand. Try and talk your partner through the exercise until the shot is done fluidly.

(HINT - If your partner fails, you've missed a step!)

Was it hard to use your non-dominant hand? Explain.

Does it make a difference if you have a lot or little experience playing hockey? Explain.

Why was an attempt with your non-dominant hand suggested?

Hall Visit Activity:

Skill analysis

Visit the *Shoot Out* game in the NHLPA Be A Player Zone.

Shoot with your dominant hand. Have a partner explain in words exactly what you are doing. Use the following to help you analyze the skill and break it into its component parts:

(HINT 1: think of words and phrases like balance, rotation, weight transfer and extension)

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(HINT - If your partner fails, you've missed a step!)

Was it hard to use your non-dominant hand? Explain.

Does it make a difference if you have a lot or little experience playing hockey? Explain.

Why was an attempt with your non-dominant hand suggested?

Why would a coach need to know about skill analysis?

Lengthening a Career

Pre-visit Activity:

Professional sports are not generally designed for career longevity. Take a small population sample from each of the four major professional sports in North America and using the period from 1975 to present, determine the average length for each.

Sport	Sample population number	Average length of career
Baseball		
Basketball		
Football		
Hockey		

Hall Visit Activity:

The length of a hockey player's career is influenced by a host of factors. When you visit the Hockey Hall of Fame, select an Honoured Member from each list and conduct a formal investigation into the length of their career. The information can be obtained using the computer terminals in the Esso Great Hall or at various displays throughout the Hall.

A	B
Jean Beliveau	Irvine "Ace" Bailey
John Bower	Mike Bossy
Gordon Howe	Bill Durnan
Aurel Joliat	Howie Morenz
Terry Sawchuk	Bobby Orr
Larry Robinson	Toe Blake
Lionel Conacher	Bernie Parent

Your study should contain general career statistics, length of play, individual and team accomplishments.

Post-Hall Visit Activity:

Note: You may visit www.hhof.com for more information on the Honoured Members.

Select one Honoured Member mentioned earlier, and examine how they entered into the NHL. Was the player adept at other sports? Is there a connection between the other sports and hockey? What common characteristics do the other sports have that strengthen hockey skills?

When did the player leave the game? Was it for his own reasons, or was it dictated by external forces and/or declining physical abilities?

If the player was forced to leave the game because of a career ending injury, examine the player's career and recommend a series of activities or exercises that would help strengthen the weakened area that led to the decline.

Extension Activity – Group Work:

Think about the different levels of training, skills, and physical abilities someone goes through from childhood until they are a senior. Design a series of warm-up and developmental exercises for each of the following age groups to ensure continued participation and injury-free play.

1. Childhood
2. Youth
3. Adulthood
4. Senior

The Arena

Preamble:

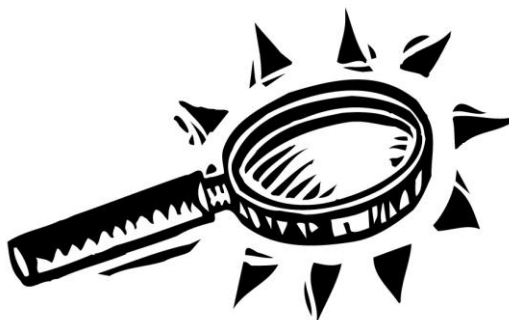
From the smallest community to the international level, hockey has played a significant and constantly changing role in our cultural identity. As the game of hockey evolves and develops, so too must the environment in which it is played.

Post-Hall Visit Activity:

NHL hockey teams are finding that the older arenas no longer satisfy the needs of a competitive, contemporary professional organization. As a result, the traditional hockey arenas are being gradually replaced by larger, revenue-generating, state-of-the-art sports complexes.

Determine a host city for a new Hockey Club. Using a city street map, find a suitable location – keeping in mind central areas. Design a unique, new arena for a new hockey club. In your design, consider:

- ice size
- access to dressing rooms
- audience size & distribution
- press boxes
- luxury boxes
- advertising
- parking and public washrooms
- public relations
- ice maintenance
- services for players and fans
- handicapped patrons
- non-hockey functions
- atmosphere
- transportation



Examine the changes you have noticed from older rinks to new rinks. How have they adapted over the years and how do you anticipate further changes?

Go to any arena where hockey is played. Note the following:

1. Functions it was built for beyond hockey _____

2. Age of patrons _____

3. Seating capacity _____

4. Dressing room size and provided services _____

5. Pictures or displays (trophies, banners, paintings, etc.) _____

6. Is there a community centre nearby? _____

7. Is there a bulletin board? What is it used for? _____

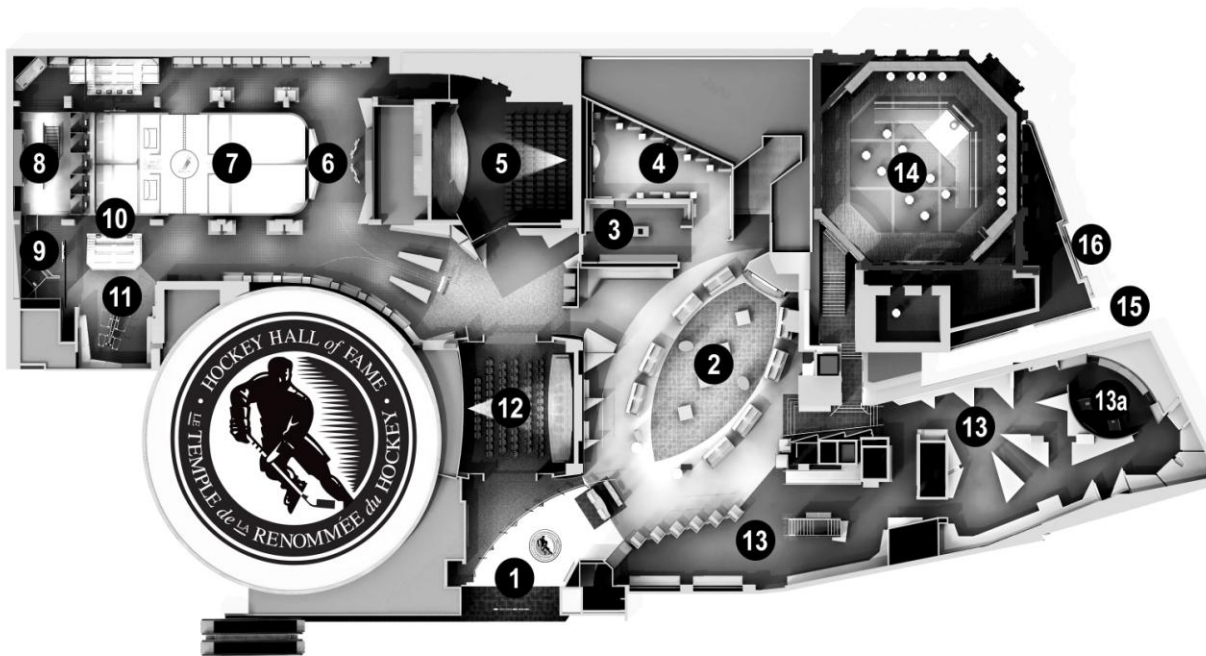
8. Size and products in pro shops or snack bar. _____

Ask an attendant about the arena. How old is the arena? How has it been used? What significant events that have taken place there? Who has visited the arena? Based on your above research points, how it has changed and evolved?



GUIDE MAP

Floor plan of the Hockey Hall of Fame



- | | |
|-----------------------------------|------------------------------------|
| 1. Entrance Foyer Displays | 10. Pepsi Game Time |
| 2. NHL Zone | 11. Upper Deck Collector's Corner |
| 3. Canadiens Dressing Room | 12. Esso Theatre |
| 4. VIA Rail Stanley Cup Dynasties | 13. Tissot World of Hockey |
| 5. Hartland Molson Theatre | 13a. Global Game Encounter |
| 6. Panasonic Hometown Hockey | 14. Esso Great Hall & NHL Trophies |
| 7. NHLPA Be a Player Zone | 15. Spirit of Hockey Retail Store |
| 8. TSN/RDS Broadcast Zone | 16. Exterior Sculptures |
| 9. EA Sports NHL Slapshot Zone | |